

AMERICAN DIETETIC ASSOCIATION  
**national nutrition month**  
march 2007



**FAD  
FREE!**

WWW.EATRIGHT.ORG



**Develop an eating plan for lifelong health..** Don't get swept up by promises for a "quick fix". Use the 2005 Dietary Guidelines and *MyPyramid* to guide you to healthy eating.

**Learn how to spot a food fad.** Unreasonable or exaggerated claims are key features of fad diets. For example, avoiding certain foods/food groups or taking nutrient supplements will help you lose weight or cure disease.

**Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

For more information, visit the American Dietetic Association's official

# Low-Carb Dieting

Risk of heart disease is greatly increased on a low-carb, low-fiber diet which is usually high in animal protein, cholesterol and saturated fat.

*\*Dietary cholesterol & saturated fat raise serum cholesterol ; especially LDL or "bad"*

*\*Eliminating high-carb, high-fiber plant foods compounds this problem*

*\*A high meat intake may increase homocysteine levels in the body. Growing evidence shows that high levels may increase the risk of heart*

*cholesterol*

*disease.*

# On a Low-Carb Diet? Think again!

- \* These diets are high in animal protein (chol, saturated fat) so they will raise your LDL or “bad” cholesterol levels
- \* They are also low in fiber, which may lead to constipation and raise your risk of many types of cancer
- \* Carbohydrates are your body’s main source of energy! Cutting them from your diet will leave you feeling sluggish
- \* Consuming too few carbohydrates can put your body into ketosis, which will lead to keto-breath or “bad breath”
- \* Uric acid and calcium oxalate stones are more likely to form on a high protein diet, leading to kidney stones

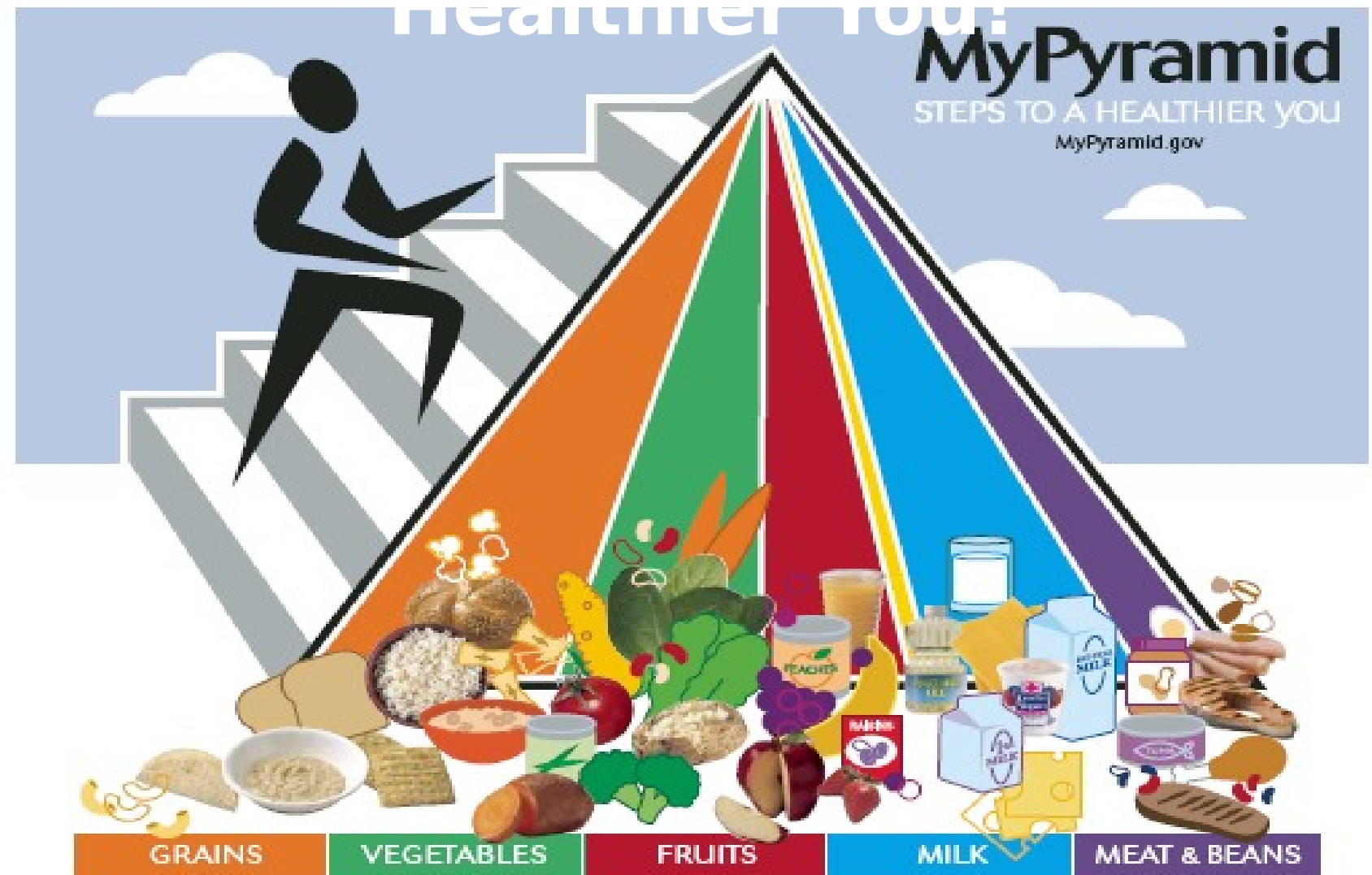
## INSTEAD:

- \* Increase intake of fruits, veggies, whole grains and low fat dairy products
- \* Reduce intake of high calorie, low nutrition “junk foods”
- \* Drink your water
- \* Maintain a regular exercise routine

**\*Research shows people who followed this lifestyle met their weight goal and maintained it permanently! \***



# Follow MyPyramid to a Healthier You!



# Prevent and Control

## High Blood Pressure

- Lose weight if you are overweight.
- Eat heart healthfully.
- Reduce salt and sodium intake.
- Become more physically active.
- If you drink alcoholic beverages, do so in moderation.
- Quit smoking
- Talk with your health care professional.
- Take medication as prescribed.



Prevent and Control Prevent and Control



# Potassium- More than just bananas



Potassium is necessary for maintaining normal blood pressure and regulating fluid balance.



Clams (3oz)  
534 mg  
Potassium



Banana  
450 mg  
Potassium

Due to their potassium content, bananas are considered the food of choice, but numerous other food items can make significant contributions.



Orange  
237 mg  
Potassium



Sunflower Seeds  
(1/2 cup)  
544 mg  
Potassium



Strawberries  
(1 cup)  
250 mg  
Potassium



# Fiber

- Fiber is best known for helping food move smoothly through your body.
- Fiber can aid in the fight against heart disease and cancer.
- Fiber helps control blood sugar levels if you have diabetes.
- If you have digestive troubles, Fiber helps prevent constipation.
- A high fiber diet may help with dieting because high fiber foods often fill you up so you eat less.

- Adults need about 20 to 35 grams of fiber a day.
- To find out how much fiber children ages 3 to 18 need a day, take their age and add 5.
- Fiber is found mainly in fruits, vegetables, legumes, grains, and nuts.



# ***A Few Facts About Iron***

■ Did you know that there are two types of Iron?

## **1. Heme**

■ Found in red meat, fish and poultry.

## **2. Non-heme**

■ Found in lentils, beans and other plant foods.

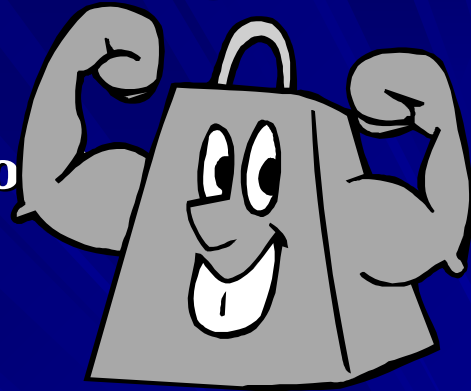
■ Also found in iron-enriched and iron-fortified foods.

■ The body absorbs more iron from heme iron than non-heme iron.

Heme iron absorption - 15% to 35%

Nonheme iron - 2% to 20%

■ A deficiency of iron limits oxygen delivery to cells, resulting in fatigue, poor work performance, and decreased immune function.





Mom was right.....drinking milk is good for you!



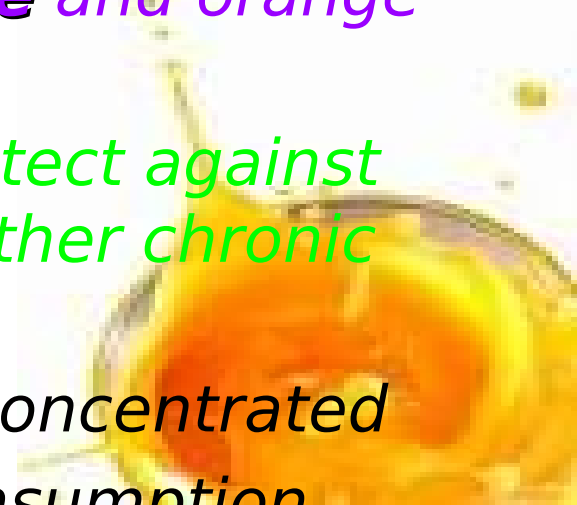
# The Juicy Facts

- When you select **juice**, make sure it is 100% juice.
  - Be sure that **juice** is the first ingredient listed.
  - 100% **juices** are fat-free and are rich in vitamins and minerals.
  - Darker and more colorful **juices** tend to have more nutrients.
  - Some examples are grapefruit **juice** and orange juice.



• Drinking these juices can help protect against cancers, heart disease and other chronic health conditions.

• Juice lacks fiber and is a concentrated source of calories. Try to keep consumption



# 7 Ways to Cut The Fat From Your Diet

1. Choose leaner cuts of meat
2. Choose lower-fat dairy products
3. Avoid higher-fat breads and desserts
4. Use smaller amounts of margarine and butter
5. Instead of frying food, use lower-fat cooking methods
6. When making quick breads or loaves, replace at least half the fat with an equal amount of applesauce, pureed pears, prunes or nonfat vanilla yogurt.
7. When making a cream sauce that calls for whipping cream, substitute canned evaporated skim or 2 % milk.



**Alcohol is fat free, but not calorie free!**

**Extra calories from alcohol easily convert to fat.**

**Calories can vary depending on the drink's proof, specific sweetness, age & amount of**

**Wine Cooler (12 oz) = 200 Calories**

**Rum & Coke (8 oz) = 165 Calories**

**Can of Beer (12 oz) = 150 Calories**

**Glass of Wine (4oz) = 90 Calories**

# Protein

## What Is Protein?

- Protein is used by your body to make muscles, bones, and skin
- It is also used to make hormones, enzymes, antibodies, and other important substances
- Most animal proteins contain all the amino acids your body needs
- Vegetable proteins may be easier on your kidneys.

## How Much Protein Is Enough?

Adults Need About .8 g of Protein for each Kilogram they weigh.

If You Weigh 130 to 145 Lbs you need about 50 grams of Protein per day.

If You Weigh 170 to 185 Lbs you need about 65 Grams of Protein Per Day.

\*Children, teenagers, pregnant or breast feeding women, and people with healing wounds need more protein.\*

## Helpful Tips On Eating the Right Amount of Protein:

- Buy small Meat Patties, Chops, and Chicken. (Small = 3 oz Cooked Meat or roughly the size of a deck of cards)
- Use less meat; plan meals based on veggies, grains, and fruits.
- Get some vegetarian recipes to have variety in your cooking.
- When eating out share one meat entrée with someone else.



# Recommended Reading:

■ **American Dietetic Association Complete Food and Nutrition Guide**

by: Roberta Larson Duyff

■ **Dieting for Dummies, Second Edition**

by: Jane Kirby

■ **The Way to Eat**

by: Davis L Katz

■ **365 Days of Healthy Eating**

from the American Dietetic Association

by: Roberta Larson Duyff

■ **ADA Guide to Eating Right When You Have Diabetes**

by: Maggie Powers

